

Table E1. Defining the level of physical activity in the survey.

What was the intensity and frequency of your average physical activity (leisure or commuting) during the past year (or since the onset of your disease if the disease had begun less than a year ago)?					
Intensity (Mark all four options)	Amount per week				
	None	<½ hour	1 hour	2 – 3 hours	≥ 4 hours
Normal walking or respective					
Brisk walking or respective					
Light jogging or respective					
Brisk jogging or respective					
The responses were converted into MET units according to a following scheme.					
Intensity (Mark all four options)	MET minutes per week				
	None	<½ hour	1 hour	2 – 3 hours	≥ 4 hours
Normal walking or respective	0	69	138	345	550
Brisk walking or respective	0	99	198	495	792
Light jogging or respective	0	210	420	1050	1680
Brisk jogging or respective	0	240	480	1200	1920